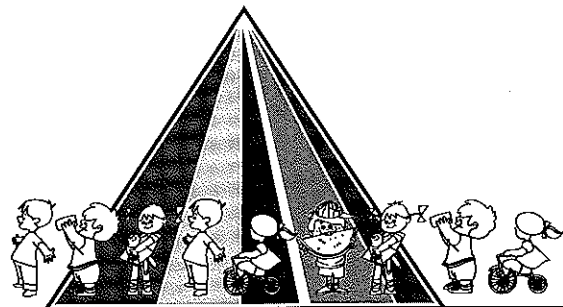


Mealtime Memo

FOR CHILD CARE



No. 10, 2007

Cooking with Fresh Vegetables: Focus on Broccoli

Broccoli is a good source of fiber, vitamin C, and vitamin A. It also contains iron and calcium.

Broccoli is great

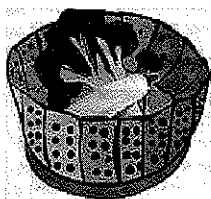
- cooked and served as a side dish
- in soups
- in salads
- in quiches
- in stir fry
- on pizza

Broccoli can be served raw, boiled, steamed, microwaved, or blanched.

Methods of preparing broccoli:

1. Boil

Bring water to a boil in a pot, then add fresh broccoli. The water should partially cover the broccoli. For one bunch, boil for 5-10 minutes.



2. Steam

To steam broccoli, either use a metal steamer pot with a colander or make your own steamer by placing a small footed sieve or colander in a large pot. Add water

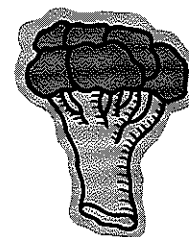
until it almost reaches the bottom of the colander. The water should not touch the vegetables. Cover the pot. Steam just long enough for broccoli to be easily cut with a fork. The broccoli will turn a bright color. Steaming takes a little bit longer than boiling.

3. Microwave

Place broccoli in a microwave safe container, cover, and vent slightly (you can use plastic wrap). You do not need to add water. Microwave just long enough for broccoli to be easily cut with a fork. Since microwaves cook unevenly, you will need to stir and turn broccoli during cooking. Remove broccoli from microwave and uncover. Allow broccoli to stand for at least five minutes before serving.

4. Blanch

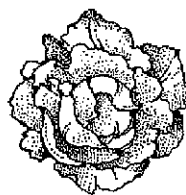
Fresh broccoli is easier for young children to chew if partially cooked. Cook broccoli for a very short time, then chill quickly in ice water and drain. Remember to cut broccoli into small pieces to avoid choking.



Teaching tips:

Before serving broccoli for a meal or snack, plan a learning activity.

- Ask the children where broccoli comes from (the ground, a tree).
 - Ask them to describe broccoli (is it sweet, crunchy, smooth? What color is it?)
 - Talk about broccoli belonging to a family of similar vegetables. Show pictures of cauliflower and cabbage. Ask children if they have tried these vegetables.



Mealtime Memo FOR CHILD CARE

A Week's Menus



Breakfast Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Corn flakes Banana slices Milk	Cut Biscuits Using Master Mix- A-09B* Ham slices Mixed fruit Milk	Oven Baked Three Grain Pancakes- A-06B* Diced peaches Milk	Scrambled eggs Toast Pineapple tidbits Milk	Oatmeal Diced strawberries in vanilla yogurt Milk



Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Broccoli Quiche- D-08* Apple slices Milk	Baked chicken Yellow corn Pear and mandarin orange salad Whole wheat bread Milk	Turkey sandwich Broccoli Cheese Soup- H-05* Applesauce Milk	Sliced turkey Chicken or Turkey Rice Soup- H-10A* Steamed carrots Diced peaches Whole wheat roll Milk	Hamburger Lettuce and tomato Sesame Broccoli- I-03* Pineapple chunks Whole wheat bun Milk



Snack Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Toasted English muffin with fruit spread Milk Water	Mini banana muffins Milk Water	Lightly steamed carrot sticks and broccoli with lowfat dip String cheese Water	Lowfat yogurt sprinkled with granola Strawberries Water	Mixed dried fruits Wheat crackers Milk

*USDA Recipes for Child Care. Available online at www.nfsmi.org.

Sources:

National Food Service Management Institute. (1997). *CARE Connection*. University, MS: Author.

U.S. Department of Agriculture, Food Nutrition Service & National Food Service Management Institute. (2005). *USDA Recipes for Child Care*. Retrieved March 5, 2007, from <http://www.nfsmi.org>



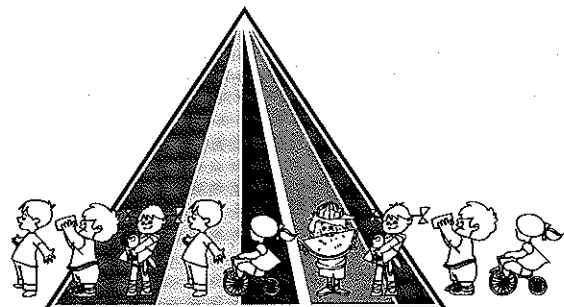
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Mealtime Memo

FOR CHILD CARE



No. 11, 2007

Healthy Classroom Celebrations

By serving healthy foods at classroom parties, you can help teach children to enjoy healthy foods at celebrations. There are many fun and healthy foods to serve at parties. Plan parties around non-food activities.



Share ideas in this newsletter with parents to encourage them to bring healthy foods when they bring foods for classroom celebrations.

Healthy party foods:

- Apple slices with peanut butter¹ and raisins
- Carrot sticks and broccoli (very lightly steamed), served with low fat dip
- Oatmeal Whole Wheat Raisin Cookies (B-02A² - see recipe on next page)
- Rice cakes
- Graham crackers and peanut butter¹
- Cheese and crackers
- Fruit with yogurt dip
- Granola
- Pita face pizzas
- Mini bagels with cream cheese and raisins

Non-food activities for classroom celebrations:

- Play games. Here are some suggestions:
Name That Sound

- ▶ Gather a selection of items that can make a recognizable sound. Examples: a pan and spoon, a whistle, a toy drum, a rattle, a packet of cereal, and a set of keys.

- ▶ Now demonstrate each item so children know what to expect.

To play the game, hide behind a screen, and randomly make noises with each instrument. Ask the children to name the sound.

Pin the Tail on the Donkey

- ▶ You can use variations of this game for different holidays. For instance, you can pin the stem on the pumpkin for a fall party. For toddlers, omit the blindfold.

- Play with puzzles.
- Sing songs.

Children can still enjoy special treats at parties. Limit high-fat or high-sugar items to one item per party. For example, you can have cake at a celebration, and make the other choices healthier.



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Oatmeal-Whole Wheat Raisin Cookies B-02A²

Margarine or butter	¾ cup	Baking powder	1 ½ tsp
Sugar	1½ cups	Baking soda	¾ tsp
Frozen whole eggs, thawed OR fresh large eggs	½ cup OR 3 each	Salt	¾ tsp
Vanilla	1½ tsp	Ground nutmeg (optional)	½ tsp
Lowfat 1% milk	3 Tbsp	Ground Cinnamon	½ tsp
Whole wheat flour	2 cups	Raisins	1 cup
Rolled oats	1 cup 2 Tbsp	Sugar	¼ cup
		Cinnamon	1 tsp

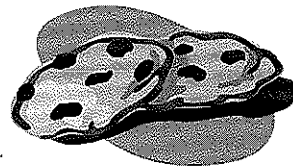
Cream margarine or butter and sugar in a mixer with the paddle attachment for 10 minutes on medium speed. Add eggs, vanilla, and milk. Mix for 1 minute on medium speed until smooth. Scrape down sides of bowl.

In a separate bowl, combine flour, oats, baking powder, baking soda, salt, nutmeg (optional), and cinnamon. Gradually add to the creamed mixture and mix for 1 minute on medium speed until well blended. Scrape down sides of bowl. Mix for 30 seconds on low speed.

Lightly coat 3 half-sheet pans (13" x 18" x 1") with pan release spray or line with parchment paper.

Portion with a No. 24 scoop (2 ⅔ Tbsp) in rows 3 across and 3 down. Combine sugar and cinnamon in a shaker and sprinkle over cookies.

Bake until light brown. Conventional oven: 375 °F for 12 minutes. Convection oven: 350 °F for 16 minutes.



Number of servings: 25

Serving size: 1 cookie

Snack Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Yogurt Fruit Dip- G-04 ² Apple slices Water	Diced peaches Pretzels Water	Bagel half Peanut butter ¹ Raisins ³ Water	Mini pita Lowfat cream cheese Steamed diced vegetables ⁴ Water	Graham cracker sticks Applesauce Water

¹Sunflower seed butter may be substituted for peanut butter.

²USDA Recipes for Child Care. Available online at www.nfsmi.org

³Children can use the raisins to make faces on the bagel. Remember that raisins can be choking hazards for young children.

⁴Choose vegetables according to seasonal colors. For example, orange carrots can be used for a fall party; green and red peppers can be used for a winter holiday party

Sources:

National Food Service Management Institute. (1997). *CARE Connection*. University, MS: Author.

U.S. Department of Agriculture, Food Nutrition Service & National Food Service Management Institute. (2005). *USDA Recipes for Child Care*. Retrieved March 5, 2007, from <http://www.nfsmi.org>

EventWise. Musical games for young kids. Retrieved March 23, 2007, from <http://www.eventwise.co.uk/>

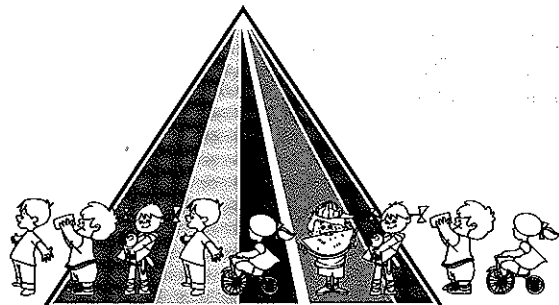
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Mealtime Memo

FOR CHILD CARE



No. 12, 2007

Iron Nutrition For Children



Iron deficiency is the most common nutrient deficiency worldwide, and can be a problem for some infants and children in the U.S. In fact, 7% of 1-2 year old children and 5% of 3-5 year old children in the U.S. are iron deficient.

Left untreated, iron deficiency can cause anemia. Anemia is a decrease in the number of red blood cells.

Iron carries out a number of important functions in the body. Iron

- prevents anemia.
- carries oxygen in the body.
- boosts immune function.
- contributes to learning and problem solving.

Good food sources of iron include:

- Lean red meats
- Dark poultry
- Whole and enriched grains
- Beans and peas
- Green leafy vegetables
- Dried fruits

Symptoms of iron deficiency include:

- Fatigue
- Irritability

- Weakness
- Pale skin
- Headache

Iron rich foods you can serve for **breakfast** include:

- Fortified breakfast cereals
- Hot cereals, such as oatmeal and grits
- Dried fruits



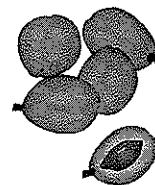
Iron rich foods you can serve for **lunch** include:



- Beans (try bean soup or bean burritos)
- Meats (particularly red meat)
- Enriched grain products, such as rolls, bread, and pasta made with enriched flour
- Cornbread made with enriched corn meal
- Salad greens, such as leafy lettuce, romaine lettuce, and spinach

Iron rich foods you can serve for **snack** include:

- Dried fruits
- Enriched grain products, such as crackers, bagels, and breads made with enriched flour



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Breakfast Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese toast Pear halves Milk	Baked Whole Wheat Doughnuts-A-07 ¹ Applesauce Milk	Oatmeal Warm grapefruit wedges with brown sugar Milk	Cinnamon roll Orange sections Milk	Blueberry pancakes Diced peaches Milk



Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Oven-Baked Parmesan Chicken - D-05 ¹ Steamed broccoli Bean Soup - H-08 ¹ Apple slices Whole wheat roll Milk	Bean Burrito-D-12A ¹ Diced peaches Milk	Sweet-and-Sour Chicken - D-06 ¹ Rice Boiled carrots Orange wedges Milk	Oven Baked Fish-D-09 ¹ Baked sweet potato Green peas Whole wheat roll Milk	Pizza-in-a-Pocket-F-04 ¹ Green salad Apricot halves Lowfat yogurt Milk



Snack Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese and crackers Water	Graham cracker sticks Lowfat yogurt Water	Apple smiles ² Milk Water	Fresh carrot sticks ³ Lowfat dip Wheat crackers Water	Toasted mini bagel with cheddar cheese Water

¹USDA Recipes for Child Care. Available online at www.nfsmi.org.

²Apples sliced in circles with peanut butter and raisins. Sunflower butter may be substituted for peanut butter. Remember that raisins can be a choking hazard for young children.

³Lightly steaming carrots may make them easier to eat for young children.

Sources:

Centers for Disease Control and Prevention. (2002). *Iron deficiency—United States, 1999-2000. Morbidity and Mortality Weekly Report*, 51(40); 897-899.

National Food Service Management Institute. (1997). *CARE Connection*. University, MS: Author.

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U.S. National Library of Medicine and National Institutes of Health. Iron deficiency anemia- children. *MedlinePlus*. Retrieved March 22, 2007, from www.nlm.nih.gov/medlineplus/ency/article/007134.htm

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